

SPOKANE INVITATIONAL

FINAL SCHEDULE



FIELD EVENTS

Start	Event
9:00 a.m.	Men's High Jump (2 pits)
9:00 a.m.	Women's Weight Throw
9:00 a.m.	Women's Long Jump
10:00 a.m.	Women's Pole Vault (pit 1)
10:00 a.m.	Men's Pole Vault (pit 2)
10:00 a.m.	Men's Long Jump
~12:15 p.m.	Men's Weight Throw (to follow Women's Weight)
1:30 p.m.	Women's Shot Put
2:00 p.m.	Women's Pole Vault – INVITE (pit 1)
2:00 p.m.	Men's Pole Vault – INVITE (pit 2)
2:00 p.m.	Women's Triple Jump
2:00 p.m.	Men's Triple Jump
2:45 p.m.	Women's High Jump (2 pits)
~3:00 p.m.	Men's Shot Put (to follow Men's Weight)

RUNNING EVENTS

10:00 a.m.	Women's 5000 Meters
10:25 a.m.	Men's 5000 Meters
11:15 a.m.	Women's 60m Hurdles, Qualifying
11:30 a.m.	Women's 60 Meters, Qualifying
11:50 p.m.	Men's 60 Meters, Qualifying
12:15 a.m.	Women's 60m Hurdles, Prelim
12:30 a.m.	Men's 60m Hurdles, Prelim
12:45 p.m.	Women's 60 Meters, Prelim
12:55 p.m.	Men's 60 Meters, Prelim
1:10 p.m.	Women's 60m Hurdles, FINAL
1:20 p.m.	Men's 60m Hurdles, FINAL
1:30 p.m.	Women's 60 Meters, FINAL
1:35 p.m.	Men's 60 Meters FINAL
1:50 p.m.	Women's Mile
2:00 p.m.	Men's Mile
2:10 p.m.	Women's 400 Meters
2:35 p.m.	Men's 400 Meters
2:55 p.m.	Women's 300 Meters
3:10 p.m.	Men's 300 Meters
3:20 p.m.	Women's 800 Meters
3:25 p.m.	Men's 800 Meters
3:35 p.m.	Women's 600 Meters
3:40 p.m.	Men's 600 Meters
3:45 p.m.	Women's 200 Meters
4:15 p.m.	Men's 200 Meters
4:45 p.m.	Women's 3000 Meters
5:00 p.m.	Men's 3000 Meters
5:25 p.m.	Women's 4x400-Meter Relay
5:45 p.m.	Men's 4x400 Meter Relay

*All sections Slow to Fast, except the 200m, 300m, and 400m are Fast to Slow